

# **RPM**

**ROCK PROTEIN MEALS**

- **LEAN BEEF SHEPPARD PIE WITH PUMPKIN MASH AND GREENS**
- **SPICY LAMB MEATBALLS WITH BEAN SALAD, PEAS, CORN AND BROWN RICE**
- **ZUCCHINI, LEEK AND ROASTED PUMPKIN FRITTATA WITH BABY CARROTS, SPINACH AND SQUASH**

\$13 EACH

ORDER 5+ @ \$12 EACH

ORDER 10+ @ \$11 EACH

ORDER 20+ @ \$10 EACH

DONT WANT CARBS? ASK TO SWAP CARBS FOR VEGGIES

PICKUP 7AM-3PM

110 PARRAWEENA RD, MIRANDA

CALL: 9525 8885 EMAIL: [INFO@THEROCKCAFE.COM.AU](mailto:INFO@THEROCKCAFE.COM.AU)